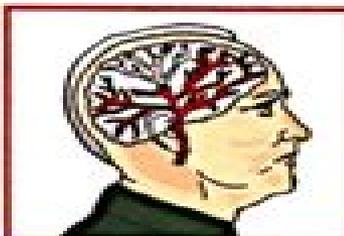




### Heart Attack

- 1) **Symptoms-** Chest pain/pressure, shortness of breath, nausea, sweating, pain possibly in the jaw, neck, arms, shoulders and/or shoulder blades.
- 2) **Treatment - Call 911.**
- 3) Monitor the victims breathing.



### Stroke

- 1) **Symptoms-** Slurred speech, numbness or paralysis to one side of the body, loss of vision, severe headache.
- 2) **Treatment - Call 911** and record the time of the stroke. The faster you **Call 911** the better chance the person has of regaining lost motor functions.



### Shock

- 1) Skin becomes cool, pale, and sweaty. Victim may vomit, feel weak or dizzy.
- 2) Position victim on their back.
- 3) If victim vomits roll them their side and clean out the airway.
- 4) **Treatment - Call 911.**
- 5) Monitor the victims breathing.



### Seizures/Convulsions

- 1) Clear away all objects that may cause injury.
- 2) Protect the head.
- 3) **DO NOT** attempt to restrain the victim or stick anything in the victim's mouth.
- 4) **Treatment - Call 911.**
- 5) Monitor the victims breathing.



### Diabetes

- 1) **DO NOT** give insulin.
- 2) If the victim is conscious give them some form of sugar. Preferably some type of fruit juice.
- 3) **Call 911.**
- 4) Monitor the victims breathing.



### Allergic Reaction

- 1) **Symptoms-** Trouble breathing, swelling, rash, loss of consciousness.
- 2) **Treatment- Call 911.**
- 3) Monitor the victims breathing.



### Bee Sting

- 1) Remove stinger using a credit card or other stiff object to scrape the area (**DO NOT** use tweezers).
- 2) If allergic reaction is suspected, follow the directions for allergic reaction.



### Nose Bleed

- 1) **DO NOT** tilt the head back.
- 2) Pinch the bridge of the nose and tilt the head forward to prevent the victim from swallowing the blood.
- 3) If the blood is spurting or pulsating out of the nose **Call 911.**



### Head and Neck Injuries

- 1) Attempt to keep the victim from moving.
- 2) **Call 911.**
- 3) Monitor the victims breathing.



### Eye Injuries

- 1) Bandage around any object sticking out.
- 2) Cover both eyes to prevent the victim from moving them.
- 3) **Call 911.**



### Poisoning

- 1) **Call 911**, then call poison control **1-800-222-1222** with as much information about the victim and the poison as possible.
- 2) **DO NOT** induce vomiting unless instructed by poison control.



### Cold Related Illness

- 1) Get the victim out of the cold environment.
- 2) Change any wet clothing with dry ones.
- 3) Apply blankets and seek medical attention.



### Heat Exhaustion

- 1) Get the victim away from the heat source.
- 2) Cool the victim by applying cool wet cloths.
- 3) Offer water, a sports drink, fruit juice, or milk if the victim is conscious.



### Heat Stroke

- 1) Hot, red, dry skin.
- 2) **Call 911.**
- 3) Get the victim away from the heat source.
- 4) Cool the victim by applying cool wet cloths.
- 5) **DO NOT** give the victim any food or drink.



### Dental Emergencies

- 1) Put the tooth in milk, or a sports drink and get the victim to the dentist.

# First Aid And Cpr Printable Study Guide

**Christian G. Meyer**



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